



DON'T MISS OUT ON ANNUAL ENROLLMENT

Enroll or change your health plan.

[Act Now](#)

Have you enrolled in or made changes to your TRS-ActiveCare plan for 2021-22? Dates vary by district, but this is the last week for enrollment statewide. Be sure to check with your district for your specific dates.

You don't want to miss out on TRS-ActiveCare coverage in 2021-22. The wellness features are better than ever, so you can get more value out of your coverage.

With TRS-ActiveCare plans, administered by Blue Cross and Blue Shield of Texas (BCBSTX), you can:

- **concentrate on your fitness**, with gym memberships as low as \$19 a month
- **work hand in hand with a dietician**, get help with stress management or cholesterol or get one-on-one coaching to quit smoking—all for \$0
- **get support before, during, and after pregnancy, and through the stages of parenting**
- **see a doctor and even get mental health help** without having to leave home

Call **1-866-355-5999** to talk to a Personal Health Guide (PHG) 24 hours a day, seven days a week, or chat through the BCSBTX App anytime for help finding the best plan. During the plan year, a PHG is your health care advocate, helping you find in-network providers, compare costs, and more. The App is available in the [Apple App Store](#) and [Google Play Store](#).

We're Healthier Together!

[Act Now](#)

www.bcbstx.com/trsactivecare

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To get help and information in your language at no cost, call the customer service number on the back of your member card, or see our [Language Assistance page](#) for more information.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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